



*Pick it! Try it! Like it!*

## BELL PEPPER

### *Pick it!*

Variety of colors—red, orange, yellow, purple, green; variety of sizes and shapes.

Skin should be firm, stem fresh and green. Avoid soft spots or wilted peppers.

A red pepper is a mature green pepper with a sweeter, milder flavor.

Refrigerate unwashed peppers in a plastic bag for up to a week.

Green peppers are least expensive.

### *Try it!*

Eat raw with a dip, in salad, or grilled.

Add cooked peppers to pasta, Chinese or Mexican dishes.

Main ingredient in Louisiana Creole, Cajun, Italian and Mediterranean cooking.

For roasted peppers char them under a broiler until the skin is black and blistered; cover for 15 minutes to allow the steam to loosen the charred skins; peel over a bowl to catch the juices.

Dice for use in dips, pasta, or pizza. Wear rubber gloves when cooking with spicy peppers.



**Bell Pepper**

- Flavor becomes sweeter and milder with age
- Changes from green to yellow to red.



**Jalapeno & Serrano peppers**

- Smaller but spicy cousins

## Nutrition Notes

Vitamin C, also known as ascorbic acid, is needed for growth and repair of body tissue. Vitamin C helps to form collagen, a protein used to make skin, scar tissue, and blood vessels. Vitamin C is also needed for cartilage, bones, teeth and healing wounds. Peppers are one of the highest sources of Vitamin C.

Nutrition Facts	
Serving Size (150g)	
Servings Per Container	
Amount Per Serving	
Calories 30	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 3g	12%
Sugars 4g	
Protein 1g	
Vitamin A 10%	Vitamin C 200%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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*Like it!*

## Stuffed Green Peppers

### Ingredients

- 6 medium green peppers
- 1 16-ounce can kidney beans
- ½ cup chopped onion
- 2 cups cooked rice, brown or white
- ½ cup chopped celery
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ cup grated cheddar cheese
- 2 tablespoons vegetable or olive oil

### Directions

1. Cook the rice and set aside.
2. Remove top and seeds from green peppers.
3. Steam the peppers in a microwave-safe dish by placing them in 2 inches of water and covering with a lid or plastic wrap. Microwave on high for about 5 minutes.
4. To make filling, cook onion and celery in oil until slightly soft. Add beans, rice, parsley, garlic and pepper.
5. Place green peppers on a baking pan. Spoon ½ cup of hot filling into each pepper. Top with grated cheese.
6. Bake at 350°F for 10 to 15 minutes. (You can make this recipe ahead, cover and refrigerate until ready to bake; then bake at 350°F for 30 minutes.)

Serves: 6 (1-cup servings)

Nutrition Facts per Serving:

Calories 250, Fat 9g, Cholesterol 10mg, Sodium 330mg, Carbohydrates 35g, Fiber 9g, Sugar 5g, Protein 10g

Sources: <http://urbanext.illinois.edu/veggies/peppers.cfm>  
<http://umaine.edu/publications/4181e/>

